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# Coyote Chronicle

## Brown proposes \$500 million CSU budget cut

By **MACKENZIE VON KLEIST**  
Staff Writer

With a \$28 billion deficit, Governor Jerry Brown proposes a university wide \$500 million budget cut that will undoubtedly affect students, staff, and faculty.

The proposed budget cut plan is aimed to help California toward regaining an overall better economic status by eliminating the debt crisis and by taking \$1.7 billion from development projects, deep cuts in social welfare, and take out 10 percent of public employees paychecks, according to the Los Angeles Times.

Califorina's support to the CSU is approximately \$2.2 billion. With this new proposal Governor Brown aims to lower this support to a \$1.4 billion and an 80 percent reduction.

"If the proposed cuts of \$500 million for the CSU are approved, we estimate that CSUSB will have its state budget allocation reduced by approximately \$20 million," said Dr. Albert Karnig, president of CSUSB.

"If such an enormous budget cut were enacted, there would inevitably be significantly fewer students that the University would be able to serve," he said.



Mackenzie von Kleist | Chronicle Photo

Students are concerned with how Gov. Brown's new budget cuts will affect them.

Californians can look forward to a special election in June voting on this proposal of a five year tax increase.

The major reduction proposition most notably affects students today would be the \$500 million cut in the California State Universities.

"However, even if the cuts do not grow larger, which is possible if certain state taxes are not extended, there inevitably [will] be some impacts across campus," said Dr. Karnig.

If California chose to not have a tax increase, then CSUSB is looking at an even bigger budget cut the \$500 million.

State universities are facing the same scenario of furlough days, tuition increases, enrollment reduction and employee layoffs as last year, something that many students are not too happy about.

"Having furlough days last year was a major shortfall to my education. I'm paying for the same amount of education so bringing back furloughs and increasing tuition again would suck badly," said student Lauren Halseth.

Students need to brace themselves for an even bigger tuition increase if this budget proposal passes.

According to financialaid.org, "On average, tuition tends to increase about eight percent per year. An eight percent college inflation rate means that the cost of college doubles every nine years."

By increasing tuition this much, and this often, students are looking toward a total debt crisis of their own after graduation.

"If the reductions are in the nature of \$20 million to our campus, in the absence of significantly more revenue

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## Nurses upgrade to 2.0

By **HECTOR GAMA**  
Staff Writer

A new software has been implemented at both, the Palm Desert Campus and here at CSUSB that will look to improve the school's nursing program.

Due to the recent technological advances and the expansion of electronic health records, the way in which nurses document information has changed.

Documentation communicates vital patient information to the rest of the health care team, which promotes good nursing care and supports nurses to meet professional and legal standards.

"Nurse2" is the newest software that has over-taken the nursing program at the Palm Desert Campus. Recently, representatives from the health sciences company Elsevier held a training session for the nursing faculty at the Palm Desert Campus.

According to CSUSB Public Affairs, the faculty was trained to use the new nursing education software, which would allow students in the classroom the opportunity to learn different scenarios that they can apply to their work in an actual hospital setting.

The software also allows students to do clinical assessments on each other, family, friends or neighbors and then input their findings into the software. These "scenarios" can vary from allergies to home medications, and can then be analyzed in the classroom by the students and their instructor.

According to nursesquared.com, the software also gives students the experience of ordering labs, radiology, pharmacy and other ancillary orders they will see on Physician's Orders.

The new software incorporates case studies to teach students how to document patient care, while also emphasizing the importance of safety and critical thinking.

It also interacts with users to help guide them through the documentation process, showing appropriate choices based on the student's input.

This software is meant to provide students with the experience that will allow them to be better prepared for any electronic health record system they may face in the real world.

Freddie Hooper, the information technology consultant at the CSUSB Palm

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Angel Beltran | Chronicle Photo

CSUSB's women's studies program now encompasses a broader view under its new title "Gender and Sexuality" studies.

## Women's Studies widens its scope

By **ANGEL BELTRAN**  
Staff Writer

CSUSB Women's Studies Program has broadened its focus to Gender and Sexuality Program to include more areas of study.

Changing the name to Gender and Sexuality Studies was made to reflect upon the wider range of courses which the program now has to offer.

"The program is customizable by the students, so those who choose to continue to focus on women's studies can. Nothing has been taken away, but more has been brought to the table," said Todd Jennings, program director.

"There was no debate about the name change; this is a common trend of programs. The revision was made by the Advisory Committee of Women's Studies," he said.

The classes offered by the program now include LGBT-related courses. Classes such as "Introduction to Lesbian, Gay, Bisexual, and Transgender Studies" and "Gay Literature" have been added as courses in the program.

"Transgender [people] were never really acknowledged ... now we can respect them through acknowledgement. The name change is a response to what is now included in the program," said Jennings.

DeeJay Brown, Pride Center student assistant said, "Calling it Women's Studies makes it empowering but not what the

program is about ... they are now calling it what it is. What the program has to offer is now broader but has not outgrown women studies. It's definitely more broadened."

This recent change has also triggered the course description to include how gender and sexuality intersect with race, culture, ethnicity, and social class in the interest of social justice.

"Men don't usually find 'women studies' as a minor for them, but with the current change in name they might find it more appealing to have a minor in Gender and Sexuality," said Jennings.

Many other major campuses across the nation have also made the switch.

Yale University, Harvard University and University of Minnesota changed "Women's Studies Program" into "Women's, Gender & Sexuality Studies Program" to include and expand the courses which they offer.

Students have generally responded to the change in a positive matter.

"I think it's a great idea they changed to include more courses and more areas to study. I think it gives the program more value. In whatever the student chooses to pursue, they will have a more thorough understanding," said student Gaby Ilabaca.

"Having a minor will help you stand out to future employers when looking for a job once you graduate. There isn't a major on this campus that this minor won't help," said Jennings.

*Continued on Pg. 3*



Hector Gama | Chronicle Photo

Nursing students on the Palm Desert campus will be using a new program that will help them with documentation skills.





Lindsey Martinovich | Chronicle Photo  
The helpful workshops offered at the event guided many women on the ins and outs of starting their own businesses.

# ABCs of Starting Your Own Business

By **LINDSEY MARTINOVICH**  
Staff Writer

The Inland Empire Women’s Business Center (IEWBC) hosted the “The ABC’s of Starting of Your Own Business” workshop at the Highland Sam J. Racadio Library and Environmental Learning Center Jan. 18.

“You need to have money to make money. It’s the nature of the beast,” said Rachel Wolfinbarger, training coordinator for the Inland Empire Women’s Business Center and host of the workshop.

Topics discussed during the free workshop were business consulting, management and marketing training, but what sparked the students interest was said in two words, “FREE MONEY!”

Wolfinbarger informed the room of the possibility to obtain free money.

She explained that with a community action loan, a person must save \$2,000 and the loan will give back \$4,000, which does not need to be paid back; meaning the initial \$2,000 will turn into \$6,000.

Wolfinbarger then explained that a Community Action Loan can be used for not only starting a business but for schooling, studying abroad, etc.

The two-hour workshop then went on to discuss the requirements of starting a business, the importance of a business plan and how to write one.

Wolfinbarger shared the easiest ways to meet all of the requirements in order to qualify for various loans.

She explained which loan is best for each listener’s business and pointed out its

benefits, as well as what needs to be looked at with caution.

Some of the workshops offered were, “Introduction to QuickBooks,” “Supervision Through Leadership,” “Succeeding Online,” and “Making the Federal Government Your Customer.” A good portion of these workshops are offered at no charge.

The IEWBC also offers public relations training, free credit reports, counseling, and mentoring for prospective business owners as well as those who are already in the process of starting their own business.

The IEWBC has been offering various workshops a couple times a week throughout the Inland Empire to help emerging leaders better themselves.

Location may vary depending on the workshop. The locations include the Highland SJR Library, Corona City Hall, Corona Public Library, and the IEWBC in San Bernardino.

The workshop started with introductions of the attending members and the businesses they are looking to start or have already started.

This immediately provided an opportunity for the attending guests to network with other up-and-coming business owners.

The presentation concluded with information regarding legal forms of organizations and the steps to establishing a business.

Although the presentation was put on by the IEWBC, men are strongly encouraged to participate and attend the workshops as well.

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# CSUSB offers community counseling



Matthew Bramlett / Chronicle Photo

The Community Counseling Center (CCC) is located here in the Social and Behavioral Sciences building in room 125 and is yet another example of all the helpful and affordable resources that Coyotes have access available to them here on campus

By **MATTHEW BRAMLETT**  
Staff Writer

College has always been synonymous with stress, but now more than ever, students lives are dominated by concerns of tuition hikes, and research projects.

Fortunately, the Community Counseling Center (CCC) exists to aid stressed students.

Established in 1973, the CCC is the school’s longest-running community outreach program.

The CCC’s main focus is to provide accessible, one-on-one counseling to anyone who needs it – whether it is students, faculty, or anyone from the community.

CSUSB students across campus are finding it difficult to manage the many different stresses that are an unavoidable

staple of college life.

“It’s hard to find a balance between work, school, and having a life outside of school,” said student Jessica Vasquez.

It’s a mindset that is all too familiar with many people on campus.

According to Dr. Ed Teyber, CSUSB professor and community counseling center director, anxiety and depression are two of the most common issues that people are facing when they visit the center. Others include relationship problems and family issues.

The center has recently seen a rise in the number of people looking for counseling in recent months, mostly due to increased anxiety about tuition fees.

One of the main focuses of the CCC is the affordability of the counseling sessions, which generally range from \$5 to

\$15 a session. Treatments are usually once a week, with 50 minutes allotted for each session.

The Center is located in the College of Social and Behavioral Sciences building in SB-125.

It is headed by Teyber and is staffed with 12 counselors and two supervisors, all of whom are trained to assist anyone in need.

The Center runs on the Academic calendar, and is open from around Sept. 15 to June 15.

During that time, however, anyone is welcome to pour their hearts and minds into one of Dr. Teyber’s expertly trained counselors.

The center is available by appointment only, and scheduling an appointment is easy.

Just call them at (909) 537-5569 and leave a message on their machine.

Dr. Teyber or another counselor will return your call, answer your questions, and if the situation is appropriate, schedule a meeting with one of the center’s trained counselors.

Not every situation can be covered by the CCC. Services are not provided for students who are suicidal, or are under the influence of drugs or alcohol. Domestic violence issues are also not covered by the Community Counseling Center.

Whether you are a student who is stressed about a relationship gone sour, a faculty member stressed about students, or just a member of the community who is looking for an inexpensive and effective counseling session, the Community Counseling Center is a great place to go.

Continued from Pg. 2

## Gender studies shifts focus

The change has not only made it possible to broaden the courses available in gender and sexuality, but the program also offers a minor in which students will be able to gain a greater understanding around issues of human diversity.

“A minor in gender and sexuality studies will provide an invaluable framework to understand your own life better as well as the institutions and social structures that shape our world,” said Jennings in his course description.

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## Brown’s proposed budget cuts

from fees and other sources, it’s highly likely that the University will serve significantly fewer students in order to ensure the provision of quality education,” explained Dr. Karnig.

Since the proposition is being considered, having less students on campus would enable a higher tuition at CSUSB, causing a significant change among the student body.

Having such a large amount cut from the CSU system is forcing CSU chancellor Charles B. Reed, to identify where these cuts are going to made and how.

According to Reed, “While we understand the administration has limited options, higher education is the state’s main economic driver, and we cannot improve our economy without an educated workforce.”

The budget proposal is raising a lot of questions and concerns for what the future will hold. Many are unsure how much the tuition will be increased, and if furlough days will be enacted once again and if employees will be let go.

Continued from Pg. 1

## Nurses get new software

Desert Campus, spoke about some of the advantages that “nurse2” provided the students with.

“It is going to prepare students much better for the hospital,” Hopper said “Everything in the hospital is computerized, and the students will now have the computerized experience.”

When asked how the students have adjusted to the new software, Hopper replied, “Students are so technological that they are adjusting well ... They are excited because they can use computers like actual nurses.”

Freddie Cooper also commented on how “nurse2” would benefit the students in the long run.

“It will make transitioning from the student roll to the hospital much easier,” Cooper said. “Students will be giving the right care and documenting it correctly.”

Denise Garcia, the information technology consultant of the nursing department here at CSUSB, says that the “nurse2” software was implemented here this quarter.

Garcia also added that through this program, the students could gain experience with patient charting software, thus



Hector Gama / Chronicle Photo

Students are ever ready to sharpen their skills.

allowing them to gain more real job experience.

Overall, “nurse2” is looking to produce well trained nurses who will be ready for action once employed.



# Gov. Brown hacks CSU funding

By **MATT EDGERTON**  
Staff Writer

Five-hundred million in budget cuts means fewer classes, higher tuition, and an overall worse college experience for CSU students.

While college enrollment has continually risen over the last few years in response to the terrible job market in California, Gov. Jerry Brown is proposing to cut yet another \$500 million from the already dwindling budget of the CSU system.

What does this mean in real world terms for the students attending these colleges?

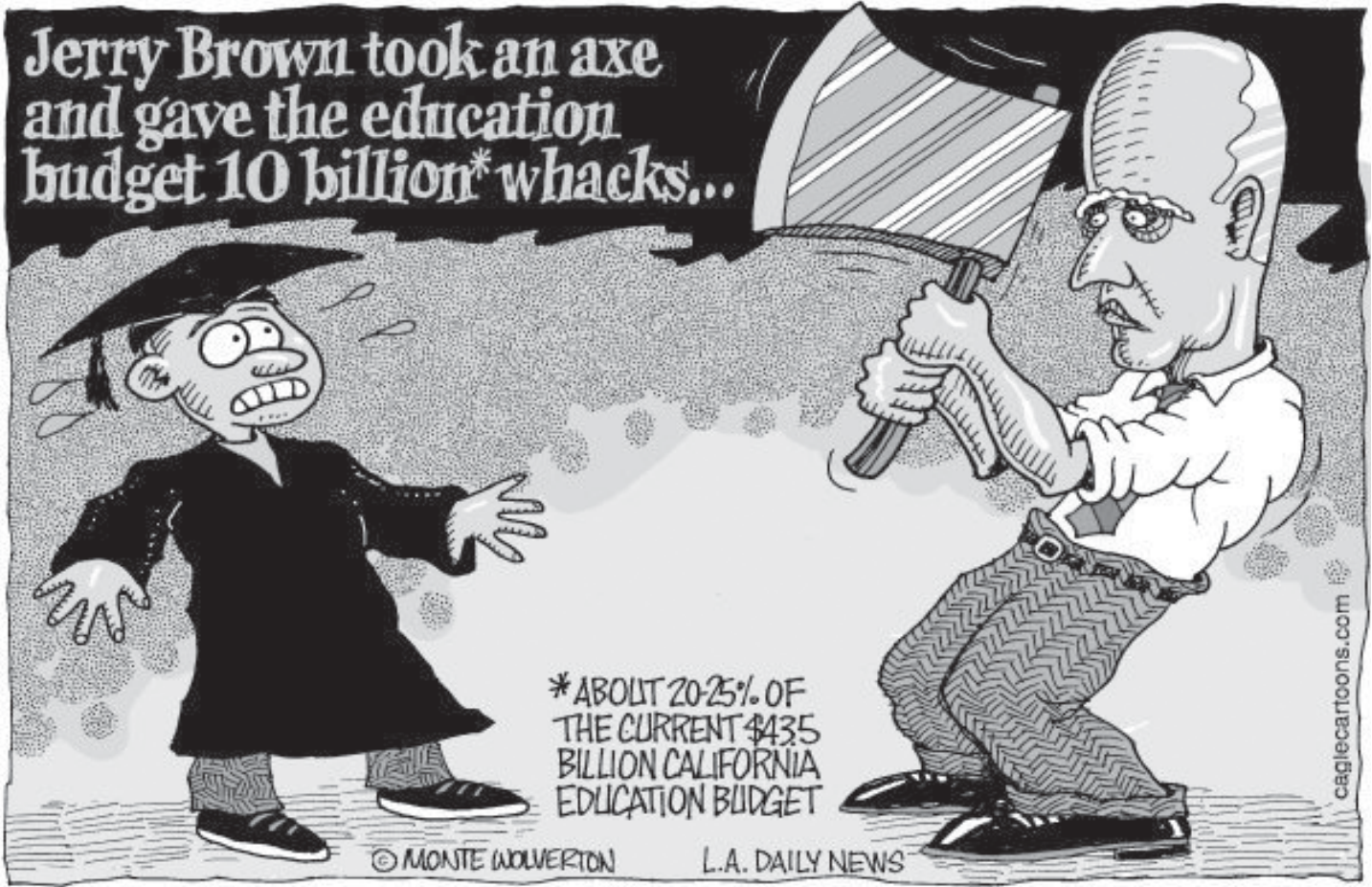
In short, it means fewer available classes, higher fees, more time needed to graduate, increased class sizes, lower quality facilities – or a total lack thereof – and no doubt more parking tickets as schools attempt to gain funding through other methods.

Furthermore, as a student of the CSU system, it is already quite infuriating being forced to pay increasing fees, rising textbook costs, being dropped from classes as they get removed due to lack of funding, and being forced to wait for needed classes as the rotation schedule continues to grow longer.

Being one of the aforementioned students, I unfortunately receive no form of financial aid, and can say with all certainty the financial burden is already high, ranging in cost from \$10,000 to \$15,000 a year, most students are being forced to look for a second and sometimes even a third job to fund their education.

Yet while all these costs are being incurred by the legal students of the CSU system, Jerry Brown has promised illegal aliens a free college education on more than one occasion.

According to hotpoliticians.com, Brown was quoted during his campaign saying “illegal aliens deserve free college



Cagle Cartoons | Special to the Chronicle

because we are wealthy.”

Now, I’m not sure if Gov. Brown lives in an alternate reality, but this state is far from wealthy.

With the state deficit at a whopping \$25 billion, California is actually considered to be on the verge of bankruptcy. Moreover, the state’s credit rating is one of the worst in the nation which results in any borrowed money incurring a huge amount of interest adding to the existing deficit.

With this kind of irrational and irresponsible policy, I can’t foresee Gov. Brown doing anything beneficial for the paying students of the CSU system.

He is clearly concerned only with furthering his voting block and enacting policies that will further damage the CSU system by making it more inaccessible to the large number of students willing to pay for their education.

Moreover, where will these forsaken students turn? With the abysmal job market facing California, many feel that their time would be better spent in gaining an education or improving their existing one.

Yet if the funding for colleges continues to be cut, where will the potential student populace turn?

With no jobs and hugely underfunded

colleges, the only other option for potential and existing students would be to flee the state in search of more less impacted universities or to get on some form of state subsidy; however, this would cause another problem because this state is already broke.

Currently, California has one of the highest unemployment rates in the nation and is considered by many to be a welfare state because of the huge number of welfare recipients. Clearly, the students of California have a rocky financial future ahead of them if things continue down the current road they are on.

# Recent shootings call for gun reform

By **ERIKA MARTINEZ**  
Staff Writer

A few years ago, I was given a gun lock even though I don’t own a gun. To this day, I still have that gun lock.

I believe in stricter gun control laws; guns are dangerous and can do serious damage to anyone or anything, especially when someone with a reason to harm is holding the gun.

The Arizona shooting last week seems to have had little to no effect on the popular opinion of stricter gun control laws.

CNN and Opinion Research Corporation conducted a study earlier this month that found 69 percent of participant’s views concerning regulation of firearms have not changed since the Arizona tragedy.

The shooting left six dead and injured 13, including Rep. Gabrielle Giffords (D-Ariz.)

The shooting, which occurred on Saturday Jan. 8, in Tucson, Ariz. has personally had a great effect on me.

But only a surprisingly low 18 percent of those polled say they would support stricter gun laws in the wake of the shooting. While 28 percent say they are “more likely” to support stricter gun laws and three percent say they are “less likely” to

support stricter laws.

Before the shooter was even identified, it seemed everyone was more than ready to start pointing fingers. The poll asked who they thought was to blame for the tragedy. Thirty-five percent said that they blamed the former vice-presidential candidate Sarah Palin, in light of her website where there had previously been cross hair targets on

Democratic states singling out lawmakers she would defeat; including Giffords.

To Palin’s defense, 59 percent said it was unlikely that Palin or her website had any influence.

We are too old to be playing the blame game, especially in this case, where lives were lost at the hands of another person.

In another poll that was conducted by

Vision Critical on Jan. 10, it was found that 51 percent of respondents believed the shooting was the result of an action by an individual, while 31 percent believed the shooting was the result of the current negative situation of politics in America, and another 37 percent believed events similar to the Arizona shooting will happen over the next few months.

In the weeks following the Arizona shooting, there have been two local incidents that have dealt with shootings and the lack of gun control.

One dealt with a Gardena High School student bringing a gun to school and accidentally shooting two people, and the other dealt with an El Camino school police officer being shot in the chest outside campus. Are guns really that easy to get a hold of? My answer is yes, and when I do get a gun I’ll be prepared with my own gun lock.

Now it is time to let the people who can put a stop to the currently lenient gun control policies do their job.

A number of Republicans and Democrats say they will introduce measures aimed at addressing gun safety issues related to the Arizona shooting. I say well done to those who actually have the power to make a change and hopefully follow through.



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# Ignorance is bliss no longer, now we know what we are eating

By **RACHEL CANNON**  
Staff Writer

It's no wonder fast food has become so popular so quickly in America. It's tasty, it's affordable and it's, well, fast.

But would that supersized Quarter Pounder meal be a little less tempting if you found out it contained almost half a pound's worth of calories – as many as some women should eat in an entire day?

The authors of the health care reform bill are hoping you'll think so.

A little-known provision of the bill, passed 2010, stipulates that starting this March, restaurant chains with at least 20

locations must display calorie counts for their offerings in a prominent place.

Other nutritional information, such as sodium, fat and sugar contents, must be available upon request.

This provision, written with the goal of taking some weight out of America's bulging obesity problem, has proven to be a controversial and divisive one. Many are worried that heightened awareness of the true caloric cost of dining out will cause more consumers to eat at home, thus damaging the economy.

However, when Starbucks began posting calorie information two years ago, "the effect of calorie posting [was] actually to

increase Starbucks revenue," according to researchers at Stanford.

Not to mention that our nation's weight issues already cost us more than \$147 billion yearly in medical expenses, according to a 2009 study. In fact, The Partnership for Prevention predicts that figure will more than double within a decade.

Besides, if restaurants are that concerned with what the exposition of their food's nutrition will do to business, here's a crazy idea: they could try improving it. This bill has already led some companies, such as McDonalds, to start reducing the calories in their offerings in an attempt to save business.

This bill isn't going to single-handedly solve our obesity problem. But when it comes to weight, every little bit helps, and we can't make healthier choices if dining establishments keep us ignorant.

Even professional nutritionists are virtually unable to estimate calories in restaurant offerings, due to the wide variety of ingredients, cooking methods, and portion sizes.

When calories are posted, consumers are empowered to make healthier choices - and they do use that power. According to the National Bureau of Economic Research, when Starbucks began posting the calories in their food options, the average calories purchased by each customer dropped 6 percent.

Many argue that restaurants usually have calorie counts available upon request, and that this should be enough. But as a self-proclaimed "health nut" who has been counting calories for most of a year, I can tell you from experience that it isn't.

First of all, a shocking number of restaurants don't have the information at all. Of those that do, it's appalling how often the employees have no clue where to locate it.

I'm frequently forced to barely nibble at a meal, and in the past have skipped meals altogether, rather than consume without knowing what I'm putting into my body.

And of those restaurants that do provide such information, it is usually out-of-date or hard to understand. The meals I'm interested in sometimes don't have calories listed at all. When they do, it often isn't specified whether the calories listed include sides, sauces or other add-ons.

When the calorie count is right on the menu, it is usually much clearer and makes ordering simple and quick.

With these points in mind, I'm thrilled about this aspect of the health care reform bill.

Those concerned about its economic impact need to keep in mind the much greater symptoms of our nation's obesity epidemic.

This small concession by restaurant companies could be a big step towards shrinking our national waistline.



Rachel Cannon | Chronicle Photo  
Larger chain restaurants are now required to post calories in easy-to-see locations as a result of a new health care reform bill that aims to fight obesity. Consumers now know what they will be taking in, even if the calorie count is high.

# An Internet intervention

By **ANDREA BRANDSTETTER**  
Staff Writer

No matter where I am on any given day – a movie theater, restaurant or CSUSB – I am assured of seeing one thing: people who are glued to a screen.

You know the type I'm referring to. In class, they're the people who are texting their friends instead of taking notes. Or they're the ones who are pretending to take notes on their laptops when, in reality, they are checking their Facebook.

They're people who say they would literally die without their computers and cell phones.

They're the people who say they hate the library and/or books. I suppose they may have a point. I mean, if the last several hundred years are any indication, libraries and books have hardly benefited society, right?

They're your bosses, co-workers, friends and family. "They" may even be you.

"But, I'm reading this article," you might be saying.

However, I'm willing to bet that even if you are, you have some type of digital companion by your side. Let's face it. Most of us are digital junkies.

"I'm a text-a-holic. I'm always on my phone. If I'm working, I'm glancing at it every break I have. If I'm not working, it's always by my side," said sophomore Jacqueline Arce.

"Sometimes I'm distracted in class by text messages that I'm sending. I'm trying to get better," said Melissa Sanchez, a junior.

Rudder Finn, an international PR agency, reported that Americans spend approximately three hours a day

on cell phones.

Also, according to the Nielsen Company, most Americans spend about 15 hours a week online.

I hate to be the bearer of bad news, but for some people, their addiction is doing more harm than good, not just to themselves, but to their relationships with others.

A report conducted by Kelton Research in 2007 revealed that three out of five Americans spend more time online than they do with their significant others.

These numbers don't bode well for a society that obsesses over finding love and the "perfect mate".

In fact, they are pretty depressing.

Lest you think I am sounding too judgmental, know that I, too, used to struggle with digital addiction. In some ways, I still do.

About two years ago, I deleted my Facebook account, partially in response to my horror over how much time I was spending on it and the Internet in general.

So do I suggest all of you with Facebook accounts delete them immediately?

Of course not. However, what I do suggest for those who are (or think they are) struggling with Internet or any other type of digital addiction is to set some limits. Time limits.

If texting, tweeting, watching television, playing video games or surfing the Internet is starting to negatively affect your education, relationships or physical health, it's time to pull the plug.

Instead of playing a video game, play a board game. Instead of downloading music, see a concert.

Maybe we should spend more time in the real world than in the digital one.

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# Geeks, Games, and Gadgets

We take the hassle out of browsing the tech scene to bring you weekly news and our views on the wide world of phones, computers, TVs, games and the Internet.

By **ERIC BROWN**  
Managing Editor

## Verizon challenges net neutrality... again

Verizon has filed a legal appeal against the FCC’s December decision that allowed the Internet to remain largely free and unfettered by companies but policed by the FCC, adopting a so-called “net neutrality rule” to keep the cyber waves open.

Verizon’s beef is more with the over-arching authority the FCC has taken then the actual sanctions, but as of print, no appeal has yet been granted.

## Twitter revolutionizes more than just the net

With the disputed elections a year ago in Iran and the recent collapse of the Tunisian government this past week, there is a common denominator in the little Internet meme known as Twitter.

Twitter has been actively used by revolutionaries in the recent “Jasmine Revolution” in Tunisia to mobilize youth, support and awareness for their cause through the use of the site and other social media.

As much as some may abhor tweeting, or the tweets of celebrities such as Kanye West, there is a whole world out there tweeting about the rights and wrongs of the world.

So, watch out for and pay attention to the hash tags, as some interesting and important things are being tweeted from Ciudad Jaurez to Tehran by their sentinels.

## Nintendo 3DS set to release in March

Nintendo is ramping up its marketing as it continues to showcase the Nintendo 3DS at every possible venue leading up to this March’s release of the first-ever 3D handheld gaming system. The system is estimated to release at a price of \$249.99.

The Coyote Chronicle is looking for a new student advertising specialist for Winter 2011, commission or units available: contact Linda Sand at 909.537.5289



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# Winners walk, losers talk, “Network” tops

By **CARMEN HERRERA**  
Staff Writer

Hollywood celebrated its sixty-eighth annual Golden Globes ceremony on Jan. 16, recognizing the best of television and film. “The Social Network” took home four Golden Globe awards while musical comedy “Glee” and the freshly new HBO series “Boardwalk Empire” took top television honors.

“The Social Network” continuously swept the competition, taking home awards for best director (David Fincher), best original score, best screenplay and best drama motion picture. “The Social Network” also won for best motion picture at the sixteenth annual Critic’s Choice Awards, and is favored to win big at next month’s Academy Awards.

Another big winner, as previously mentioned, was Fox’s musical “Glee” which took home three Golden Globes. Both Jane Lynch and Chris Colfer won in the best supporting role categories respectively, and the show won its first award for best comedy or musical in a television series.

In the film category, actress Natalie Portman was named best lead actress in a drama motion picture for her critically acclaimed role in the dark ballerina film “Black Swan,” while Colin Firth took the award for best lead actor for his portrayal of King George VI in “The King’s Speech.” “The Fighter” knocked out the competition in the best supporting categories, as Melissa Leo and Christian Bale won for their roles in the biopic of Irish boxer Mickey Ward.

Annette Bening won best actress in a comedy or musical film for “The Kids Are Alright,” which also won for best comedy or musical film. Johnny Depp’s two nominations for best actor in comedy or musical couldn’t help his chances, as Paul Giamatti took home the honors for his role in “Barney’s Version.” “Toy Story 3,” which was the year’s highest grossing film and highest-grossing animated feature of all time, took the award for best animated feature.

While many could predict most outcomes, there were a few surprises. Newcomer “Boardwalk Empire” pulled an upset by winning best drama television series and best lead actor (Steve Buscemi). This win ends the two-year streak of AMC se-



Courtesy of Columbia Pictures

The producers of “The Social Network” L to R Kevin Spacey, Cean Chaffin, Dana Brunetti, Scott Rudin, and Michael De Luca.

ries “Mad Men,” which previously took home the honor of best drama series. “Mad Men” and “Dexter,” both fan favorites were left empty-handed as the new HBO series claimed top honors.

Receiving the prestigious Cecil B. DeMill award was actor Robert DeNiro, for his lifetime achievement in film. Presenter Matt Damon credited DeNiro as one of “the greatest actors ever,” for such roles in “Raging Bull,” “The Godfather,” “Ca-

sino,” and “Goodfellas” and others. While on stage Deniro even poked fun at some of his less stellar films.

Host Ricky Gervais stirred controversy with his insulting gags directed at many actors and even the church of Scientology. Although many of his targets took offense, Gervais offers no apologies.

“I don’t think I did anything wrong,” said Gervais. “I’m not going to apologize for being true to myself.”

# Coachella lineup revealed



Courtesy of G.O.O.D. Music

Kanye West is a headliner for the 2011 Coachella Festival.



Courtesy of Merge Records

2011 will be Arcade Fire’s first performance at Coachella.

By **JENNIFER PETERS**  
Staff Writer

Rumors can now be put to rest after the announcement of the starting line-up for the Coachella Valley Music and Arts Festival 2011.

This year’s Coachella line-up is a diverse mixture of musicians spanning across all genres, with headlining performances from Arcade Fire, Kanye West, and Kings of Leon. The acts don’t stop there; there are dozens of other artist and musicians that have made the roster for this year’s festival.

As preparation for this year’s festival gets underway, headlining artist Kanye West took to Twitter, revealing his thought process in preparing his set list. West listed around 30 songs he’s contemplating performing.

Coachella 2011 will take place at the Empire Polo Field in Indio from April 15 to the 17. Tickets for this event can be purchased at Coachella’s official website. The sale of tickets for this event is set to start on January 21.

This year’s festival will be the twelfth in its history. Annual attendance for the festival has increased ten times from its starting attendee rate of 25,000 in 1999 to setting an attendance record of 225,000 in 2010. This year’s attendance is expected to surpass that of last years.

General admission to the three day festival is estimated to be around \$300 according Coachella.com. For VIP passes to this event it will cost in excess of 700 dollars.

Traveling packages for sleeping accommodations for the three day festival are available on Coachella’s official website. Attendees have the option of finding their own accommodations, or camping on grass fields adjacent to the concert area. Attendees also have the option of camping out at Lake Eldorado or safari tents. For more camping information visit Coachella.com

Although music is the focus of the festival this year’s festival will restore its commitment to the arts, culture, and the community. This will be done “via a unique partnership with The Creators Proj-

ect -- a global initiative that supports leading and emerging artists,” according to the festival’s official website.

The Coachella festival is doing its part to reduce their carbon foot print by teaming up with Global Inheritance. The duo has created a 10-for-1 bottle exchange program. This program is simple to do according to Global inheritance.com recycle ten bottles of water and receive one for free.

To be kind to the environment, carpooling to the festival is also recommended and rewarded. Festival organizers in partnership with Global inheritance award out lifetime VIP passes to randomly selected Vehicles pooling four or more.

Participation into the contest is simple according to Coachella.com. Simply write “carpoolchella” on a standard sized piece of paper or larger. The more creative the easier it is to be for the secret spotter to find.

With more than 175 musicians on the roster this festival has something to satisfy music lovers of all kinds. With the interactive art and sculpture displays attendees will have plenty to do.



Courtesy of Sony Music Entertainment

The first night of the Coachella Music Festival will finish with a Kings of Leon performance.



Courtesy of Rough Trade Records

The Strokes will be one of the biggest attractions for this years Coachella Music Festival.





Courtesy of Sony Computer Entertainment

2011's "Little Big Planet 2" is the much anticipated sequel to the popular franchise's first venture in 2008. Die hard "Little Big Planet" fans will notice many fun improvements, and gamers new to the franchise will delight in the whimsy of it all.

## A little bit of a big deal

"Little Big Planet 2" makes a splash with stunning graphics, creative tools, ease of customization and overall awesomeness

By **ERIC BROWN**  
Managing Editor

Playing Little Big Planet 2 (LBP2) is a far stretch from the games I normally pick up, or that of many of this paper's readers according to industry reports and standards. Aimed largely at a family and more youthful audience, LBP2 is like opening back up the toy box from my childhood and re-igniting that childhood imagination.

LBP2 released on Tuesday Jan. 18 for the Playstation 3 gaming console. Whether or not Media Molecule designed the game specifically for kids, families or hardcore gamers, this game is outright fun to play. Being a sandbox-meets-platformer amalgamation of a game, LBP2 offers you the ability to attempt pre-made levels in a cute yet sufficient story mode, whilst also let-

ting you play, create and share levels with friends over the Playstation Network.

Following the wildly popular first installment, LBP2 faced a sophomore slump dilemma that many sequels do in the gaming industry. Although the first game in the series received critical acclaim and the support of loyal fans, it didn't sell record numbers, nor was the gameplay perfect, begging the question, is a sequel worth it and will it be enough?

After the first game, many were clamoring for an even easier and more streamlined set of design tools for the games addictive creation mode, while at the same time asking for more options, opting for further complexities. A contradiction sure to have made it hard on the developer.

However, Media Molecule did their best to listen to player's needs while de-

signing the game, and the result ended up bettering Sackboy and his oddly cute world. So the answer to everyone's question, is yes. LBP2 brings more to the table than number one and has fixed a few of the flaws, albeit a few (nagging as they may be, I will cover them at the end of this review).

LBP2 packs 30 story levels that tell the tale of the Negativitron, a horrible beast that has invaded Craftworld and is gobbling up all the cities on the planet. As Sackboy, you've got to travel to spots on the globe to run, jump, shoot, grab and fly on your way to saving the day. All the while engaging you to think of creative ways to accomplish the level in this brain-teaser of a platformer.

Sure the story mode be short, beatable in a day, but the replay on the story

itself is great as you think of new ways to do things, but the trade off is the massive creation engine.

So far as creation is concerned in Craftworld, the tutorials have been made easier to access and understand, and the game makes it easy to create a point A to B platformer. However, you have the ability to use Sackbots and all sorts of objects, gizmos and moving parts to create labyrinth of horror or playground of fun.

That being said, to do the really "cool" stuff in level design in LBP2 is just as hard as it was in the original, requiring forum trolling and late nights to accomplish some of the popular feats.

In the end, Sackboy delivers the charm we have come to expect from the series and enough innovation to keep busy for the next few months.

## Philbin walks away from "Live"

By **BRANDY MONTOKA**  
Staff Writer

After gracing our television screens for decades, Regis Philbin announced on his 28 year reign would come to an end by the start of the 2011 fall season.

Though many people thought Philbin's exit was due to illness, he stated on Air that, "There is a time that everything must come to an end for certain people on camera."

It all started with "Live with Regis and Kathie Lee" in September of 1988. It was a success from the get-go.

Twelve years later Kathie Lee left the show and it was temporarily called "Live with Regis" until a quirky young girl by the name of Kelly Ripa came along. The chemistry between her and Regis was undeniable. In 2001, the show was renamed "Live with Regis and Kelly" and the show has seen good ratings ever since.

Since then, Regis has been received many accolades. He has won three daytime Emmys, one being a Lifetime Achievement Award.

In 2004 he set a record for being on camera 15,188 hours. In 2009 he beat his own record with 16,540.5 televised hours. He has also received a star on the Hollywood Walk of Fame.

After he left the Navy in 1961, he did some behind-the-scenes work on television. He then got his first taste of stardom as a sidekick to Joey Bishop on the "Joey Bishop

Show."

Regis finally got his own talk show in San Diego, California in 1964 with "The Regis Philbin Show." Later, his presence on the "A.M. Los Angeles" show in 1970, turned the telecast around from it's poor ratings to become the number-one show in L.A. because of Mr. Philbin's likable nature.

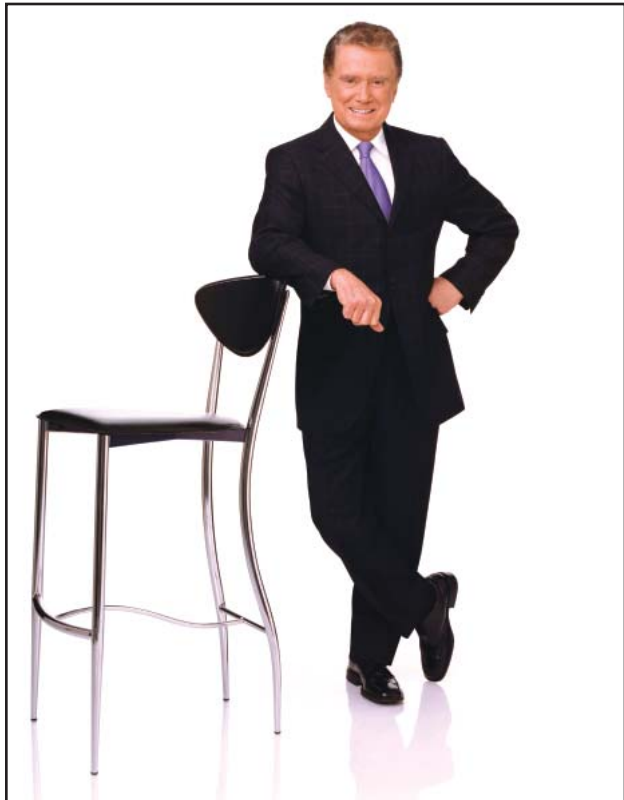
Besides being an entertaining talk show host, Regis was also a game show host in his day. In 1999 he hosted "Who Wants to be a Millionaire," a spot that won him one of his Daytime Emmys.

Philbin turns 80 years old this August and has been going stronger than ever. We have watched his career as a TV personality grow to the point that he is now a household name.

There is no confirmation on who will be replacing Regis but there are rumors that Ryan Seacrest, the host of "American Idol", will be the new co-host to Kelly Ripa. There is speculation that Neil Patrick Harris may also be in talks to serve as the new co-host as well.

Regis isn't exactly retiring from being a star just yet, but he wants to move on from his long-running show of "Live." His co-host Kelly Ripa said on air, "I think I can only speak for America and all of us here when I say it has been a pleasure and a privilege and a dream come true."

Regis may soon be gone but the impact he has made on the entertainment industry will always be remembered.



Courtesy of WMA.com

Regis Philbin's 28 year career with "Live" will be coming to an end by fall 2011.



# Proving they belong in “The Game”

By **SHARONDA HARRIS**  
Staff Writer

Ratings for the re-aired sitcom “The Game” have given cause for hugs and handshakes in Black Entertainment Television Network (BET) offices. According to Nielsen ratings, the Jan. 11 re-televising of the show made history as the highest viewed cable network sitcom of all time at around 7.7 million viewers.

“The Game” is a sitcom that draws its audience into the lifestyles of professional athletes. Glamorous lives, and offences within the athletes’ families and inner circle are tackled on this series.

Originally, seasons one through three of “The Game” aired on the Columbia Broadcasting System and Warner Bros. Network (CW) But the sitcom fumbled.

According to the New York Times the first three seasons of “The Game” attracted only 1.9 million viewers an

“I don’t know why it was cancelled, but Derwin “Ding Dong” Davis is why I haven’t missed an episode.”

Student **Whitley Randall**

episode.”  
The cancellation of this sitcom caused internal network conflicts, and its fan-base rebutted the CW’s decision.

“I don’t know why it was cancelled, but Derwin “Ding Dong” Davis is why I haven’t missed an episode ...



Courtesy of BET.com

The once cancelled show “The Game” finds a new network and a new level of success. The first two episodes of the fourth season averaged 7.7 million viewers.

It gives me enough drama to watch, so I don’t care about the B.S. from college life,” Whitley Randall, a cross cultural CSUSB student said.

While the CW is a national television network which targets specific viewers, BET, has international dynamics in the sense that they reach viewers of multiple cultures, languages, generations, creeds, ethnicities, social casts and countries.

“Most of the stars of The Game are black, as are most of its viewers. In those ways, it differs from the other shows on the CW, which is best known for dramas like “Gossip Girl” Debra L. Lee, the Chief Executive and Chairwoman of BET, said to The New York Times.

As a result, BET recently bought “The Game” from the CW and aired its re-runs.

“ ‘The Game’ is epic,” said student Tytytana Owens.

Because of BET’s global prominence the television station was bombarded by international fans, via so-

cial networks, with the repeated demands to throw “The Game” back on the air.

According to Nielsen.com the first two episodes of “The Game” season four averaged 7.7 million viewers.

“The Game is one of the best shows on television. I’m not the type of person who keeps up with television like that; but watching the game fits right into the type of sitcom/drama I like,” said student Monique Smith.

To continue the hype of “The Game”, on Jan. 18, during the second episode of season four, some CSUSB students ordered food and had a viewing party in the University Village Center.

Some students at CSUSB shared their interests as viewers of “The Game.”

“Honestly, the first time I seen ‘The Game’ I thought it was a waste of time, but as soon as the marathon came on I caught myself laughing and wanting to watch more,” recalls student Erica Idowa.

# Comcast, NBC join forces

By **COURTNEY RINKER**  
Staff Writer

Comcast and NBC Universal’s \$30 billion merger will create a new media monopoly amidst much controversy.

The consolidation of two of America’s largest media companies, Comcast and NBCU, will create a media monster controlling one out of every five media hours and costing consumers an extra \$2.4 billion in fees over nine years.

Comcast currently has 23 million cable TV subscribers, 17 million Internet subscribers and several cable channels. After the merger with NBCU, Comcast will also control NBC, Telemundo, 26 local stations, popular cable channels such as Oxygen and Bravo, Universal Pictures and a 30 percent stake in Hulu.com.

The merger is expected to close Jan. 28. The company will be managed by Comcast, which will buy its 51 percent stake from General Electric Co. for \$13.8 billion and assets. NBCU will retain 49 percent ownership.

Democratic Commissioner Michael J. Copps, the only dissenter in the five-member FCC vote of 4-1 in favor of the consolidation, stated that the merger “confers too much power in one company’s hands.”

The FCC and the Justice department are imposing conditions meant to preserve competition among video providers. Both the FCC and the Justice department require that Comcast give up management rights to Hulu.com to ensure that it will not interfere with competing online services.

Similar requirements prohibit Com-

cast from withholding programming or from forcing independent programmers looking for a spot in its lineup to withhold content from online distribution.

Both the FCC and the Justice department will also require that Comcast not discriminate against Internet traffic over its broadband network. Comcast must distribute programming on the Internet if a rival company does it first and must do it at comparable prices.

The FCC also demands changes such as an increase in local news coverage, more programming for children and Spanish speakers, an addition of 10 independent channels, Internet access for schools and libraries and subsidized broadband service for low income households.

The key conditions of the merger meant to protect the public are either voluntary or will expire in seven years. What does this mean for TV as we know it? Politicians and viewers alike have voiced their thoughts over the past weeks.

“This will ultimately mean higher cable and Internet bills, fewer independent voices in the media, and less freedom of choice for all American consumers,” said Sen. Al Franken, D-Minn.

Another consideration is the impact this merger will have on sports TV, specifically the NHL.

Comcast and NBC plan to change Versus, and Comcast’s Golf Channel, into a more recognizable NBC brand, add more distinguished names to their broadcasting, and throw some money at the network in an attempt to challenge ESPN, the big daddy of sports TV.


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# Tax breaks that give back

By **KATI PATAG**  
Staff Writer

It's that time again, tax season has begun.

To take away the stress that April 15 brings to many, it is important to know the options we have as students.

This year you may be able to save a few thousand dollars just by proving you are a student. Schools will send a 1098-T form for students to fill out at the beginning of each year.

This form includes important information about education expenses that the school is required to provide to students and also the IRS. Some of the provided information are tuition bills, textbook costs and scholarships awarded.

It is very important to keep organized records of all information that is acquired throughout the year, so come tax time you are able to efficiently fill out all necessary forms.

There are three different tax breaks that students can look at to maximize their tax returns.

First, the Lifetime Learning Tax Credit is available to students who take at least one class from an accredited school. This applies to both undergrad and graduate students.

Those who qualify can receive up to 20 percent credit for the first \$10,000 spent.

You must have an adjusted gross income of less than \$52,000 as a single filer, but cannot make more than \$105,000 as joint filers for this tax credit.

The second is the Hope Scholarship Tax Credit, which is a tax credit not a scholarship as the name implies.



Kati Patag | Chronicle Photo

April 15, marks the day for taxes to be submitted, and the anticipation begins for students that may qualify for tax breaks that can refund 20 percent credit on the first \$10,000 spent.

This tax break applies to only freshmen and sophomores who work during their undergraduate studies.

Students must be enrolled as at least half-time. The income cap requirements are the same as the Lifetime Learning Tax Credit and you must owe taxes.

However, students may be able to receive 100 percent of their first \$1,000 spent and 50 percent of their second \$1,000 spent. The maximum amount that can be returned is \$1,500.

The third and final tax break is the Higher Education Tuition and Fees Deductions. Any students who were not able to meet the cap requirements for the previous two tax breaks can qualify for this one.

Students who file a single income must make \$65,000 to \$80,000 to be eligible, and those with families filing together must make a combine adjusted gross income of at least \$130,000.

Students who qualify for this can get up to a \$2,000 deduction.

Students can only apply for one of these breaks, so it is extremely important to know which one best applies to you.

More often it is better to receive a tax credit, which is viewed as a tax payment already made, rather than a tax deduction.

That just reduces the amount of taxation. Do your homework. You may save big.

# Layering clothes won't cut fat like exercise will

The Student Recreation and Fitness Center has the resources to help put an end to student's winter hibernation

By **JESSICA RAMIREZ**  
Staff Writer

College students are a group that are affected by weight gain and believe that they don't have time to exercise.

The myth of the "freshmen fifteen" has been around for a while. According to health-kids.org, students on average gain three to 10 pounds during their first two years of college.

Classes, food courts, and time are what a college students are surrounded by, but is there anything useful out there on campus that can help students be fit?

Opportunities for exercising have been around the corner for some time now. Besides their active gym, the Student Recreation & Fitness Center at CSUSB has a schedule of classes promoting health and physical activities.

"The winter activities offered at the recreation center are for everybody," said Andrea Dubois the aquatics coordinator of the rec center.

Classes started Jan. 10 and go on to March 25. They are offered Monday through Thursday within the hours of 12 p.m. to 7:30 p.m. Classes are not offered on Fridays, but will be offered three Saturdays in a row for those who find it more convenient. These activities are offered quarterly.

Some interesting classes that are offered are: fight like a girl, bosu conditioning, butts-n-gutts, Boppin' Hip Hop, and there are other classes that also involve kick boxing and swimming.

Fight like a girl might sound very sexist, but in reality it's not a bad thing to consider taking. You learn to defend yourself from dangerous situation; it is offered to both men and women.

Bosu conditioning is a class that involves using a bosu ball in which you learn to

Continued on Pg. 11



Jessica Ramirez | Chronicle Photo

The Student Recreation and Fitness Center gives CSUSB students and faculty a place to get in shape, and this Winter is no different. Along with the typical exercise routine classes offered include belly dancing, kickboxing and hip hop exercises.



# Coyotes come clean with their inner climax

By **R. ANTHONY DIAZ**  
Staff Writer

The “I Love Female Orgasm” lecture will be held Wed. Feb. 2, 2011, to discuss everything and anything about the female orgasm.

I Love Female Orgasm” lecture has finally made it to our campus so mark your calendars for Feb. 2, 2011. It will take place from 5 p.m. to 7 p.m., in the Santos Manuel Student Union Events Center.

This is an annual show so do not miss it.

Sex Educators Marshall Miller and Rachel Dart will educate and answer any questions you may have about the female body. Their goal is to teach you everything about females that your mother did not.

The lecture will cover topics such as dealing with pressures of society, rumors of how you’re supposed to orgasm, timing, g-spots and everything few and far between.

The program combines sex education and women empowerment with a fun twist, making it more of a comedic program rather than a serious lecture.

What sets this program apart from the rest is that it gets right down to the point.

Marshall and Rachel, the event presenters, cut no corners when telling you how to reach your first orgasm, hoping to get your girlfriend one, or when to and when not to fake it.

With this program in such high demand, it is a definite must see for this



R. Anthony Diaz / Chronicle Photo

Students Ulyses Ayala and Edgar Orozco admire the “I Love Female Orgasm” display; men can also gain from this event.

school year.

A meet and greet will also take place at the end of this spectacular lecture. Everyone is welcome to join, although this

lecture mainly focuses on the female body, men are also encouraged to attend.

This lecture is organized for everyone whether gay, straight, bisexual or transgen-

der. There is something for everyone to learn, no matter your sexuality.

The program has been presented over 500 times to 100,000 people in 35 states. This lectures style of education and playfulness is in high demands at universities, colleges, businesses, churches, regional and national conferences and educational centers across the United States.

No other lecture combines so many issues into an hour and half with such a bang.

Learn the value of saying no, body image and befriending your body, experiencing physical pleasure, analysis of messages women receive about their bodies from media, religion and families. No matter how big or small the question or concern is, it will not go unanswered.

Marshall Miller is a Brown University graduate with a degree in Sexuality and Society.

Miller has over six years running HIV and STD prevention programs. He is currently the Prevention Education Programs Manager at the Research and Evaluation Department of Fenway Community Health in Boston and founded the BiHealth Program and the Safer Sex Educator Team in Boston. Co-Presenter Rachel Dart will help lead this program.

Dart currently works with the New York City Mayor’s Office to combat domestic violence as well as presenting workshops on dating violence and healthy relationships in high schools, colleges, faith communities and youth detention centers throughout the city of New York.

## Dishing it up with Diana

By **DIANA CANSINO**  
Features Editor

Food. I eat it, look at it and think about it constantly; like a little school girl with her first playground crush. Only I’m not getting over this crush anytime soon, nor do I want to.

I look forward to mornings so I can start eating all over again for goodness sakes! Even while I’m chewing on my breakfast I’m contemplating my next meal. Obsessed? Probably. But even as a child I’d come running to the kitchen at the sound of pans banging (my mom’s clever way to say foods on the table), and I always ate ... everything. I still do for the most part.

But, I’m no child now and that eager eater is now an adult and I try to let my taste buds have a go at different types of food. I like to visit different restaurants, mainly

because I’m not master chef, I mean I burn tortillas all the time; the readymade ones at that.

Anyways, most recently I took a trip to the glamorous Hollywood California. At my sisters proposal we decided to try The Stinking Rose, a restaurant that is truly dedicated to using garlic.

I don’t consider myself a big fan of garlic; it stinks, but figured what the hell. Not to mention I was so hungry I would have eaten pretty much anything.

The environment is festive. The dim lighting went well with the decorative private striped tents, and the enormous cartoon pin up girl poster. The painted starry ceiling let you enjoy your meal with the company of night, regardless of the time of day.

Here’s the thing about me, I love a place that butters you up with pre-food; in this case rolls topped with garlic and oil for dipping. But this was only the beginning of my

feast. And I do mean feast, since I don’t have a bone in my body that can say no to second, third or sometimes fourth servings.

I find it’s always best to go eat with someone this way you can have a smorgasbord of food. In the company of my fellow food-loving sister, we indulged in an order of garlic fries, calamari, and my main dish, chicken fettuccine with asparagus.

This fettuccine wasn’t what I knew. Thanks to the Olive Garden, I thought fettuccine always came with the white sauce. To my surprise this version didn’t. It was doused in oils and garlic, and a couple of other ingredients that I couldn’t quite make out, but all seemed to fit perfectly. All in all, it was a wild, garlicky ride that opened this food lover’s eyes to a whole new stinky world.

Look forward each week to my food expeditions, and see what food my fork dabbles in. Bon appetit!

Continued from Pg. 10

## Cut fat out already

balance your body, and workout your core muscles.

Another class that may grab your attention is the butts-n guts which is a “Very good class to work out your abs and body real good,” said Bianca Saucedo a CSUSB student.

Boppin’ hip-hop is a class for dancers and others who want to have fun with hip-hop music with a twist of some exercise workouts.


These activities are promoted to encourage fellow Coyotes to exercise and

have a better, healthier lifestyle.

The diversity of the activities given provide students with a new way to get fit. “I would like to take kickboxing and grappling to get back into shape and lose some weight,” said student Alejandro Becerra.


“It’s another fun way to exercise and have fun while doing it,” said Dubois. “All classes are design for beginners all the way to advance.”

Everybody is welcome to come it is a first come first serve basis. No need to sign up just show up and join a group setting.



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# Easy everyday Earth-saving tips for everyone



Ken Perry | Chronicle Photo  
Recycling bottles and cans is one of the first steps you can take for going green and earning some extra cash guilt-free.

By **ANGELINA GARIBAY**  
Staff Writer

If one of your New Year’s resolutions was to go green in 2011, here are some ways to achieve that goal.

Recycle!

That’s right, pop those bottles and cans into the blue recycle bins around campus. You say you are low on cash? You can talk your friends into giving you their recyclables and taking them to a recycling center. There is good money to be made this way.

You can take advantage of paper recycling too. This one isn’t so much of a money maker as it is a responsible way to help keep tons of paper out of the landfills. As students we use reams of paper, ask your professors if you can print on both sides and cut your paper usage in half. Try and cut down on your printing by saving information to a file or thumb drive for review instead of printing out the pages.

Here’s a great way to go green and get your exercise at the same time; ride a bicycle!

Park your car and make your little trips on a bike. Not only will you get great aerobic exercise, you are not releasing any gaseous emissions into the atmosphere.

Another way to give your car a break is to take the bus.

Public transportation is a great way to get around and it’s cheap. People who use it save on gas, insurance and car repairs. It’s a great money saver as well as a green

solution.

Get yourself a refillable water bottle and carry it on campus, instead of buying water bottles. This saves money and there are handy hydration stations to fill them up in the San Manuel Student Union and at the Rec Center. This water is purified so you can feel good about using it.

“It’s free, that’s why I do it!” said Stephanie Esquer, a CSUSB student.

She has no delusions of grandeur about saving the earth; she’s concerned about saving money. A concern that many students have with rising tuition and the cost of books.

There’s an old song that says “brighten the corner where you are.” That is another excellent way of going green.

Instead of lighting a whole room use a lamp with an energy efficient compact fluorescent bulb to task light the area you need. These light bulbs cost more initially but last longer, so they save money in the long run.

Organize a clothes swap with some of your friends to save money and go green at the same time. You get tired of your clothes, but they would be new to someone else. By reusing clothes you minimize the cycle of consumable goods.

Thrift shops are another way to recycle clothing. If you go to an upscale neighborhood, such as Beverly Hills, you can get some trendy things for cheap.

Adopt a few of these changes to your lifestyle and feel good about doing something for the environment.

## Kickstart your day

### Popular ways Coyotes are getting their energy fixes

By **KARA DeMENT**  
Staff Writer

When we think of the typical energy booster, energy drinks are usually the first that come to mind. They’re easy to get to and quite cheap for a college students budget. Monster, Red Bull, and Rockstar are some of many popular energy drinks out there that will help boost your energy.

“Monster is usually the first thing I grab to energize me for the day besides coffee, but I’m trying to get back into the workout scene too,” said student Byron Samayoa.

As many of us would probably answer the question the same way, energy drinks seem to be a popular way to get energized.

Another alternative to Red Bull and Monster is the 5 Hour Energy drinks, which have become a popular go-to drink that leaves you without the crash like other energy drinks.

Coffee is another way to give you that instant boost of energy as well. Every student at CSUSB is well aware of how long the Starbucks line in the Student Union is; that’s one sure sign that coffee is definitely something we need.

Coffee is like heaven to most people; once they get it they’re suddenly in a better mood and can make it through their day.

“I have at least two cups of coffee a day to boost up my energy not just for the morning but to get past the two o’clock

feeling,” said student Jennifer Truong. “It’s really the only thing that does it for me.”

However, there are consequences for drinking coffee and energy drinks that not many of us may be fully aware of.

According to associatedcontent.com both contain high amounts of caffeine which can lead to high blood pressure and an accelerated heart rate. Caffeine from these drinks can also cause us to feel dehydrated.

There are also some healthy new alternatives to get that same energized feeling but without all the caffeine.


Gregory Burns, author of “Satisfaction: The Science of Finding True Fulfillment” suggests that doing something out of your box gives you that inspired feeling to start trying new things.

According to Burns, when you try something new and exciting dopamine is released in the brain and it gives you the motivation to do more. So, go out and try something new; maybe skydiving or mountain climbing, something that gives you that rush.

If you’re not the kind of person for spontaneous activities exercising is the next best thing to boost your energy. The more you exercise, even if it’s just walking around the block, the more energized you will start to feel. The same endorphins that energy drinks play with are naturally released when working out, giving you a healthier buzz of energy.

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# If the shoe fits

Five Finger Shoes are the latest gear for any adventure



Traci Soopahgrover / Flickr  
The shoes look funky and different, although not fashionable, they are scientifically designed for comfort and support.

By **NICK HOLDING**  
Chronicle Contributor

A man runs across the side of a building, only to look to the bottom of his feet and find a thin rubber skin resembling the tire of a car.

This might seem far-fetched, but it's closer to reality than you may think.

Athletes for years have been trying to gain the extra edge in order to improve performance and decrease the risk of injury, and with the creation of the Vibram FiveFingers they may have found just that.

The shoe fits more like a glove, and it is meant to stimulate the muscles in your feet and lower legs, make you stronger and healthier, improve balance, agility and increase range of motion.

"It is the first finished product that we've actually never introduced ... we've made components for a variety of premium brands for many years," said Tony Post, CEO of Vibram USA while speaking to KPCW radio.

"Five Fingers is designed to be almost like a thin rubber skin on your foot and the purpose is to provide some protection and grip and allow the foot to work in a more natural way."

The practical application for this footwear goes far beyond what professional athletes might use them for, casual exercise such as running, water sports, yoga and hiking are all activities that the creators of the shoe had in mind while producing the footwear.

As stated by Post, the basic design replaces the ordinary shoes, with a thin rubber skin making it possible for ones entire foot to work on the same plane.

The creators of the Vibram footwear say the benefit of working on the same

plane, evenly distributes a person's body-weight, which in turn promotes proper posture and spine alignment.

"Running in FiveFingers improves agility, strength, and equilibrium, plus it delivers sensory feedback that allows runners to make immediate corrections in their form. This greatly improves running efficiency," said Dr. Ivo Waerlop of the Vibram Biomechanics Advisory Board while studying the shoe.

The footwear has its roots in Vibram's founder, Vitale Bramani, who was responsible for the first rubber sole mountaineering shoes in 1935. He grew his company into one of the leading providers of soles for shoes.

According to the company's website, Vibram manufactures more than 34 million soles annually for more than 1,000 premium footwear brands worldwide.

"Some evidence suggests that people who run with shoes may be more prone to chronic injuries and acute ankle sprains than people who run barefoot," says Neil Sharkey, professor of kinesiology at Penn State University.

Furthermore, Daniel E. Lieberman, professor in the department of human evolutionary biology at Harvard University, has found that people who wear running shoes mostly land on their heels, people that run barefoot land on their forefoot, which is said to be the proper way to run.

The shoes are hard to get a hold of being largely sold only at vibramfivefingers.com or at the Recreational Equipment Inc. (REI) chain of retail stores. Furthermore their popularity and unique production methods make them harder to find in stock.

They are available in both men's and women's styles, costing between \$75 to \$125.

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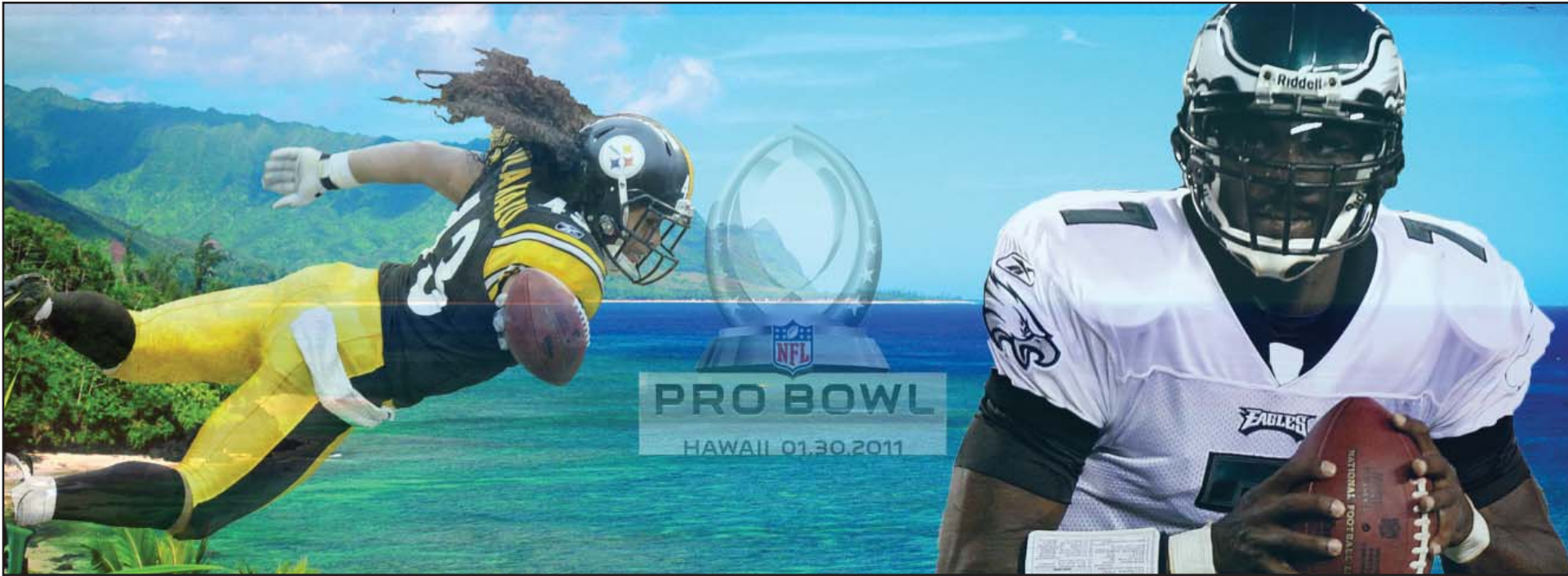
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# Pro Bowl not exciting for NFL fans

A meaningless football game isn't enough for fans to make time in their schedule to watch the NFL's best players compete



Lauren Holmes and Jesus Romero / Chronicle Photo

The NFL Pro Bowl is back in Honolulu, Hawaii. Giving the feeling of a vacation spot for the NFL players, but it still not what the fans want. The NFL is missing that key component that makes All-Star games memorable and exciting for fans to watch.

By **LAUREN HOLMES**  
Staff Writer

No matter how hard the NFL tries, the Pro Bowl will never meet expectations.

The Pro Bowl is supposed to celebrate the end of a great football season, but the fans are not buying into the whole hype and frankly, are bored.

"I would be more interested in watching the Pro Bowl if the celebrations and activities were televised and if the Pro Bowl had a meaning to it," said student Steven Beaudette.

The NFL is trying to get more people to watch the Pro Bowl by changing when and where it is played and by adding more challenges, activities and events.

For the second straight year, the Pro Bowl was scheduled for the week before the super bowl, as opposed to after the Super Bowl, to try to garner more interest in the game.

The game will be Jan. 30 at Aloha Stadium in Honolulu.

However, having the Pro Bowl before the Super Bowl also loses the interest of some fans because the best players are not participating in the Pro Bowl.

Players on the teams participating in the Super Bowl will not play in the Pro Bowl because of the risk of injuries. Most fans want to watch the Pro Bowl because the best players are participating.

In addition to changing when the Pro Bowl is played, NFL commissioner Roger Goodell thought that moving the location would help increase the ratings of the Pro Bowl.

Last year was the first year the Pro Bowl was not played in Hawaii since 1979. However, there was not a noticeable increase in television ratings and the NFL moved the Pro Bowl back to Hawaii.

It is a vacation for the players, coaches, and the fans. This year they have a week-

end full of events to get the fans, players and coaches involved in the Pro Bowl.

On Friday, Jan. 28, Waikiki Beach will open at sunset for fans to relax and enjoy NFL highlights, watch the football classic "The Blind Side" and have special guest appearances by the Pro Bowl cheerleaders and mascots.

On Saturday, Jan. 29, there will be a NFL Pro Bowl Ohana Day Celebration at Aloha Stadium. This is the chance to see both the AFC and NFC teams in action as the Pro Bowl players participate in a variety of challenges to put on a show for the fans.

These challenges include: quarterbacks throwing to moving targets, receivers making catches, and kickers kicking for distance.

These are some of the most fun events held at the Pro Bowl but are hardly promoted by the NFL.

In order to draw the fans to watch the

Pro Bowl and other festivities, they should promote these fun but underexposed challenges more. Fans want to see the players in action doing what they do best.

Fans can also enjoy contests, player interviews, NFL video features and pre-views of the Pro Bowl game entertainment.

Later that night, there will be a Pro Bowl All-Star Block Party on the streets of Kalakaua.

This is the ultimate NFL post season celebration with five entertainment stages featuring the island's hottest bands, NFL players, cheerleaders, mascots, local celebrities, Hawaiian food, NFL merchandise, local crafts and special surprises.

The morning of the Pro Bowl, there will be food, drinks, entertainment and interactive games at Aloha Stadium.

The pregame ceremonies at Aloha Stadium will celebrate the NFL season and it will kick off the Super Bowl week with a performance by the Goo Goo Dolls.

# Playground picking for NHL All-Star Game

By **HANNAH ALANIS**  
Staff Writer

Fantasy hockey has become revamped to include real players and form real teams at the 2011 NHL All-Star Game.

The competitive juices will flow as the players themselves select the line-ups for their all-star teams.

A new format for this year's festivities will see the conference vs. conference approach, replaced by a player draft, conducted by the all-Star players themselves, to determine the rosters for each team.

Fans will pick six players which will consist of three forwards, two defensemen and one goalie, for the game regardless of the conference they play in.

The remaining 36 all-stars will be named by NHL Hockey Operations. The 42 players have selected defenseman Niklas Lidstrom of the Detroit Redwings and forward Eric Staal of the host city's Carolina Hurricanes as the team captains. Team names have been designated as the last name of each chosen captain.

The first selection in the draft will be determined by a

coin toss and selections will continue on an alternating basis, playground style as the team captains then select from the full pool of players.

With the team captains alternately drafting the 36 remaining all-stars through 18 rounds, each will be required to choose three goalies, six defensemen and 12 forwards in any order they choose.

Brendan Shanahan, vice president of hockey and business development for the NHL explained that the changes were designed to make the game fun for everyone. The goal of the all-star format change was created to give the players more input on team selection, as well as Skills Competition match-ups.

Following the selection of all-stars, NHL Hockey Operations will designate 12 NHL rookies to participate in the Honda NHL SuperSkills Competition for a total of 54 NHL players taking part in the All-Star Weekend.

The 12 rookies participating in the Honda NHL SuperSkills will be divided by the NHL into two groups of six.

At the completion of the last round of the Fantasy Draft, one NHL rookie will be selected to choose which

all-star team his group will join for the skills competition.

During the Honda NHL SuperSkills competition, the NHL selected players and rookies will participate in six events.

Including the Bridgestone NHL Fastest Skater, (where all-stars will race to see who is the fastest on the ice).

The BlackBerry NHL Breakaway Challenge, (where selected players put their best goal scoring moves and skills to the test).

The McDonald's NHL Accuracy Shooting, (where all-stars will show-off their on-ice shooting precision). The XM NHL Hardest Shot, (which has become a fan favorite).

The Discover NHL Elimination Shootout, (where NHL goaltenders will face penalty-shot attempts from the all-star shooters until there is only one shooter left standing).

Finally, the all-new G-Series NHL Challenge Relay, (an all-around competition that will showcase passing, puck control, stick-handling and accuracy shooting).

More information on the 2011 NHL All-Star Fantasy Draft will be announced at a later date.





# A look into supercross

The Chronicle takes you through the dangerous and emerging sport that is taking the nation by storm

By **KELEIGH ACOSTA**  
Staff Writer

Motorcycle racing may not be high on your radar, but it should be. It is not only exciting, but extremely dangerous.

The extreme sport of motorcycle racing, accompanied with its danger, is continuing to expand and develop into the mainstream of sports in today's society.

Supercross is a branch of off-road motorcycle racing which takes place inside a stadium on man-made dirt tracks. These tracks are typically built to test speed and technical ability.

The Supercross series has two main groups which are classified by the size of the bike engine. The two primary groups include the 250 class and the 450 class. Bike differences include weight, size and power.

The 450 motorcycle is built with a larger engine, which gives a rider more speed and power in comparison to a 250.

The 250 riders are separated into two groups with half of the riders racing on the East Coast and the remaining riders racing on the West Coast.

The 450 class, a more advanced set of riders, race both the East and West Coast. The 450 class is considered very prestigious because the riders are typically older, stronger, and more experienced.

The goal of motorcycle racing, just like any other competition of speed, is to finish first. However, on race day, the rider is not the only one putting in effort.

Although it is considered an individual sport, a rider would be nothing without his team.

Each team consists of one to four riders, and they are supported by mechanics, sponsors, team managers and team owner.

Heath Ruge, a team helper, travels every weekend with his rider to keep his nutrition plan and physical training on track.

"It's a team effort. From January to May we are flying from one city to the next every weekend and training five days a week. Supercross is [a] lifestyle," said Ruge. "We work hard to put on a good show for our fans. Seeing the sport evolve and the fan base grow is the most incredible thing."

Top 450 rider Justin Brayton, racing for Joe Gibbs Racing team, has been riding since age five and hopes to be in the top three battling for the championship.

"There are two main things Supercross riders need to accomplish to win. The first is getting a good start. The second is being consistent," said Brayton. "I know I will not win every race. But neither will anyone else. My goal is remain in the top five every weekend scoring as many points as possible."

A first place win is worth 25 points. The points are separated into point increments. A second place rider will earn 24 points while a third place rider will earn 23. Those who are not in the top 25 do not obtain any points.

The rider with the highest amount of points by the end of the series wins the championship.

"These riders are some of the most talented people in the world," said Joe Picchiottino, a local fan. "As fans, not only do we find the sport entertaining, but we find the riders to be entirely admirable."

Over the past four years, the sport has gained more media attention than it ever has. Nationwide channels such as MTV and SPEED have incorporated Supercross racing and its riders into their shows.

"The sport is finally gaining the acknowledgment it deserves," said Brayton. "We have a lot of dedicated fans. Sometimes I look up to the crowd and forget there are over 100,000 people watching me. We owe every fan a huge thank you for keeping this sport alive."



Keleigh Acosta / Chronicle Photo

Derik Dwyer getting ready to take out his rider's bike for the race. Rider: Jeff Alessi (not photographed) for Alessi Racing.

# Trash talking going too far?

By **J. LEVI BURNFIN**  
Assistant Sports Editor

Trash talk between NFL players is being amped up during the playoffs.

Prior to the Jan. 16 the New York Jets vs. New England Patriots game, players on both sides had some trash talk for the other team.

Some of it was hilariously subtle, such as Patriots wide receiver Wes Welker's interview where he mentioned "feet" a total of 11 times in eight minutes, referring to Rex Ryan's affection for feet.

Some were just plain cursing out an opposing player, such as Jets cornerback Antonio Cromartie calling Patriot quarterback Tom Brady an "asshole."

The NFL warned players about the trash talk before the game and many people at the NFL office, including NFL Commissioner Roger Goodell, denounced the pre-game chatter.

However, I found it not only hilarious and entertaining but also a breath of fresh air.

I like to believe, even if I am being naive, players on

my team care about the games as much as I do.

Last week, you could tell that players on both sides of the ball truly cared about the game, maybe even more than I did as a fan.

But now, the NFL, living up to its billing as the "No Fun League," may implement guidelines that will either prohibit or discourage that type of trash talk.

Goodell has said that the trash talk will be a "topic of discussion" in the offseason which almost guarantees that the NFL will try to legislate what is appropriate behavior.

The trash talk has already been cut down a good amount between the week's games.

The chatter between the Patriots and Jets was immense, but the talk between the Jets and Steelers has been quite affable.

As a fan of a violent man's game, I do not want to hear that teams like each other.

I want to hear that teams want to take the field and physically demolish the opponent.

The NFL is a man's game, misogynistic or not. It is not for everybody, the amount of violence on the field is incredible, awe-inspiring and awful all at the same time.

A player has to be incredibly aggressive to play well, and with aggression comes emotion.

The NFL needs to allow room for players to show emotion on or off the field.

It has already outlawed team celebrations on the field and "excessive displays of showmanship" by legislating strict guidelines for celebrations on the field that if violated are accompanied with harsh fines.

Guidelines stipulate that choreographed celebrations with teammates are not acceptable.

I thought the whole point of celebrating was to celebrate with teammates?

If anything, I would rather a team celebrate together than individually.

Either way, the NFL keeps becoming more and more strict. What's next? You can't hit hard? Oh yeah, that's in the works as well.

Here is an idea for Goodell and the NFL Front Office, instead of focusing on outlawing some of the details that makes the NFL so fun and entertaining, try focusing on making sure we have a season in 2011 by hammering out a new Collective Bargaining Agreement.